

End of Term 3

School finishes 1.45 pm
Friday 20th September



Linkup

Manangatang P-12 College Newsletter

Respect

Relationships

Resilience

Responsibility

KEY DATES

SEPTEMBER

20 END OF TERM 3

OCTOBER

7 TERM 4 STARTS

8 DIVISION BOWLS

9 RUBICON MEETING

10 SECONDARY
REGIONAL ATHLETICS



14 RUBICON CAMP

SEPTEMBER BIRTHDAYS

20 WILLIAM G

26 KONJOK

30 BILLIE

OCTOBER BIRTHDAYS

2 COOPER

10 EVIE

12 HARRISON

15 LILLY R

16 SUE

28 JIMMY

End of Term

Friday is the last day of Term 3. We will be finishing at 1:45pm. Buses will depart at 2:00pm. Please adjust your pick-up accordingly.

Term 4 starts on Monday, October 7th.

Flying Bookworm

Primary students had the opportunity to enjoy a performance by the Flying Bookworm on Tuesday. Students thoroughly enjoyed the performance. Thank you to Lisa M for organising this.

Long Lunch

It was wonderful to see so many people at the Italian themed Long Lunch on Monday last week. It was an amazing opportunity for students to connect with members of the wider community. Thank you to Sarah P, Nat, Lisa C and the 7-10 students for their work in preparing for and running the event.

Primary Division Athletics

On Monday this week, Lisa M and Nic took students from year 4, 5 and 6 to Swan Hill to participate in the Primary Division Athletics. Congratulations to all for their effort and achievements.

RUOK day and clean up

Last Thursday the College celebrated RUOK Day alongside Clean Up Australia Day. Students, college staff and some community members took to the streets of Manangatang to clean up some rubbish and make other people's lives a little bit better in the process. In just an hour, a skip bin full of rubbish was collected. Well done to everyone who participated!

RACE Victoria

On Friday September 6th, RACE Victoria came to our school to conduct some activities with our students. The aim of RACE Victoria is to raise awareness of careers that support agriculture. Students had the opportunity to investigate the importance of bees in agricultural and looked at how technology is impacting the future of agriculture. Presenters were extremely complimentary about how engaged and well-mannered our students were. Well done to everyone who participated.

Have a great break!

Linda

Friday the 20th of

September is Casual Day

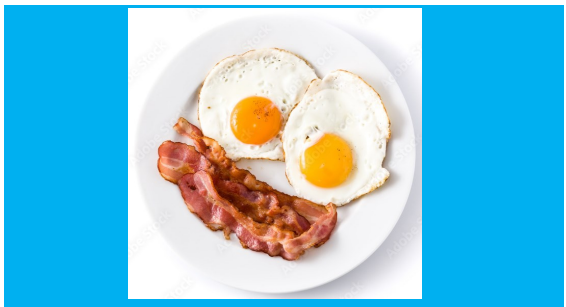
Casual Dress is allowed by gold coin donation. All proceeds raised go towards our SRC sponsored child—Pheaktra

College News



Monday 2nd September saw a large number of parents arriving for the annual Father's Day Breakfast. It was fantastic to see it so well supported. We are a small school and it's pleasing to see that we were able to raise over \$250 which will be donated to Prostrate Cancer Research.

Many hands make light work and there were a number of people who chipped in to help the breakfast run smoothly. A huge thank you to everyone who donated items, helped with organisation or went shopping. Particular thanks to Rod Mackenzie and Christian Rollinson for cooking.



Last week was Body Image and Eating Disorders Awareness Week. It is a national week to raise awareness of body image concerns and eating disorders.

Eating Disorders affect 4.45 percent of the Australian population - over 1.1 million people in 2023! Eating disorders are a group of mental health conditions associated with high levels of psychological distress

and significant health complications. They involve a combination of biological, psychological and sociocultural factors.

It's a vital to raise awareness for how all people in the community can support those vulnerable to, experiencing or recovering from eating disorders and body image issues in their everyday language and actions

Need support with this? Contact Butterfly's National Helpline on 1800 ED HOPE (1800 33 4673)

**KINDLY
DO**

remind yourself that your
worth is defined by so much
more than what you look like.

BODY IMAGE AND
EATING DISORDER
AWARENESS WEEK



KINDLY DO, KINDLY DON'T:



KINDLY DON'T	KINDLY DO	EXAMPLES
Comment on my appearance	Comment on my personality, energy and talents	<i>"You always put a smile on my face"</i>
Assume that only young girls get eating disorders	Understand that eating disorders do not discriminate and can affect ANYONE	<i>"I know anyone can experience an eating disorder, no matter who they are or what they look like"</i>
Focus on my weight when I go to the doctor's office	Look at my whole health and wellbeing, not just a number on the scale	<i>"Tell me what's going on for you right now"</i>
Promote diets and dieting or talk about food as 'good' or 'bad'	Talk about food as fuel and for joy and connection	<i>"Today I'm going to have pizza because it makes me happy"</i>
If I'm in recovery, tell me I look healthy	Encourage me with words that aren't about how I look	<i>"I'm so proud of you"</i>
Assume I want to lose weight for my wedding/birthday/holiday	Focus on the joy of the occasion and not what I look like	<i>"Your (wedding/holiday birthday) is coming up. What are you most looking forward to?"</i>
Lessen the seriousness of my eating disorder or think I can snap out of it	Know that eating disorders are not a lifestyle choice - they are mental health issues that need care and support.	<i>"I feel like you're struggling right now; please let me know what I can do to support you."</i>

College News

Wellbeing Update : Kim Critchley

Breakfast Club – Is now running every morning, with thanks to Billy, Kylie and Paula and their dedication to our students.

Walking School Bus – is still on the table if any parent/s are willing to give it a go. You will not have to do every day to start with and you can get a friend to help you. Do you know walking just 30mins a day is great for heart health as well as other benefits such as strengthening bones, boosting muscle power and endurance and can reduce the risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and even some cancers. **If you know anyone wanting to have any of these benefits within the community, please chat to them, they don't need to be a parent, just someone in the community wanting to support a great cause. Please note you will need a Working With Children Check which is free for volunteers.**

RUOK Day was last Thursday, 12th September as well as Clean Up Australia Day, even though the wind came to visit it was a fantastic day supported by our YOUTH INC and HEADSPACE teams from Swan Hill.

R U OK? Day. The day when we are reminded of the importance of a simple, yet powerful question to ask ourselves and those around us – are you ok?

If the answer is “no, I'm not ok”, there are two things you need to know:

1. **It's ok not to feel ok.**

2. **You're not alone.**

Here are eight simple steps to help you to move out of fight or flight mode and turn anxiety into action:

- **Step 1: NOTICE the worry story**

Take notice of the worry thoughts that are taking hold. What is worry telling you? Can you imagine they are stories in a book and experiment with noticing the story, closing the book and putting it back on the shelf?

- **Step 2: BREATHE**

Stop for a moment and focus on your breathing. Take long, slow out-breaths and let your lungs fill up naturally. Taking time to consciously breathe out builds a pause between the situation and your response. This takes you out of flight or fight.

- **Step 3: ACKNOWLEDGE your thoughts and feelings**

Notice and validate the anxious thoughts and feelings, try not to struggle against them. The struggle is what keeps us in fight or flight.

- **Step 4: ACCEPT the uncertainty**

Accepting and acknowledging the uncertainty reengages our rational mind. It allows us to stop struggling against the uncertainty and takes us out of fight or flight.

- **Step 5: FOCUS on the present moment**

Bring your mind back to the present moment with the help of a mindfulness exercise such as scanning your surroundings to notice five things you can see, smell or hear. Focussing on the present moment gives us a greater sense of control.

- **Step 6: Move from worry to PROBLEM-SOLVING**

Ask yourself “what is in my control and what is out of my control?” and let go of what is out of your control. Can you close your eyes and imagine placing what's out of your control onto a leaf in a stream and watch the leaf, along with your worries float away. Doing this can clear the space for you to create an action for what is in your control.

- **Step 7: STAND UP to anxiety with powerful mood boosters**

Try to do one of the following mood boosters every day to brighten your day. Remember that small actions are better than doing nothing at all.



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College News

Continued from page 4


- Say thank you
- Move your body
- Breathe
- Celebrate effort
- Phone a friend


• **Step 8: Seek out the SILVER LININGS**

Our mind will tip us to the negatives and worry will highlight the threats. Be purposeful in counteracting this by finding silver linings, the opportunities and the connections amidst the disconnection.

Try to remember that worry is futile. It solves nothing and makes us feel bad. So let's get started with changing the worry story. Start now with Step 1. The sooner you start, the sooner you can get to Step 8, and the sooner you can transform those feelings of anxiety into action. If you feel that this can help someone you know, feel free to share it with them when you ask, R U OK?


BEING MINDFUL WITH THE 5 SENSES






Observe what is around you. Notice shapes, colors, and textures.

Take time and look at things you might not usually notice.




Take the time to listen to what is in the background instead of what is obvious.

Listen for previously unnoticed sounds, such as the hum of the refrigerator.




Become aware of the differing feel of everyday items that surround you.

Touch items with various textures and notice the differences among them.



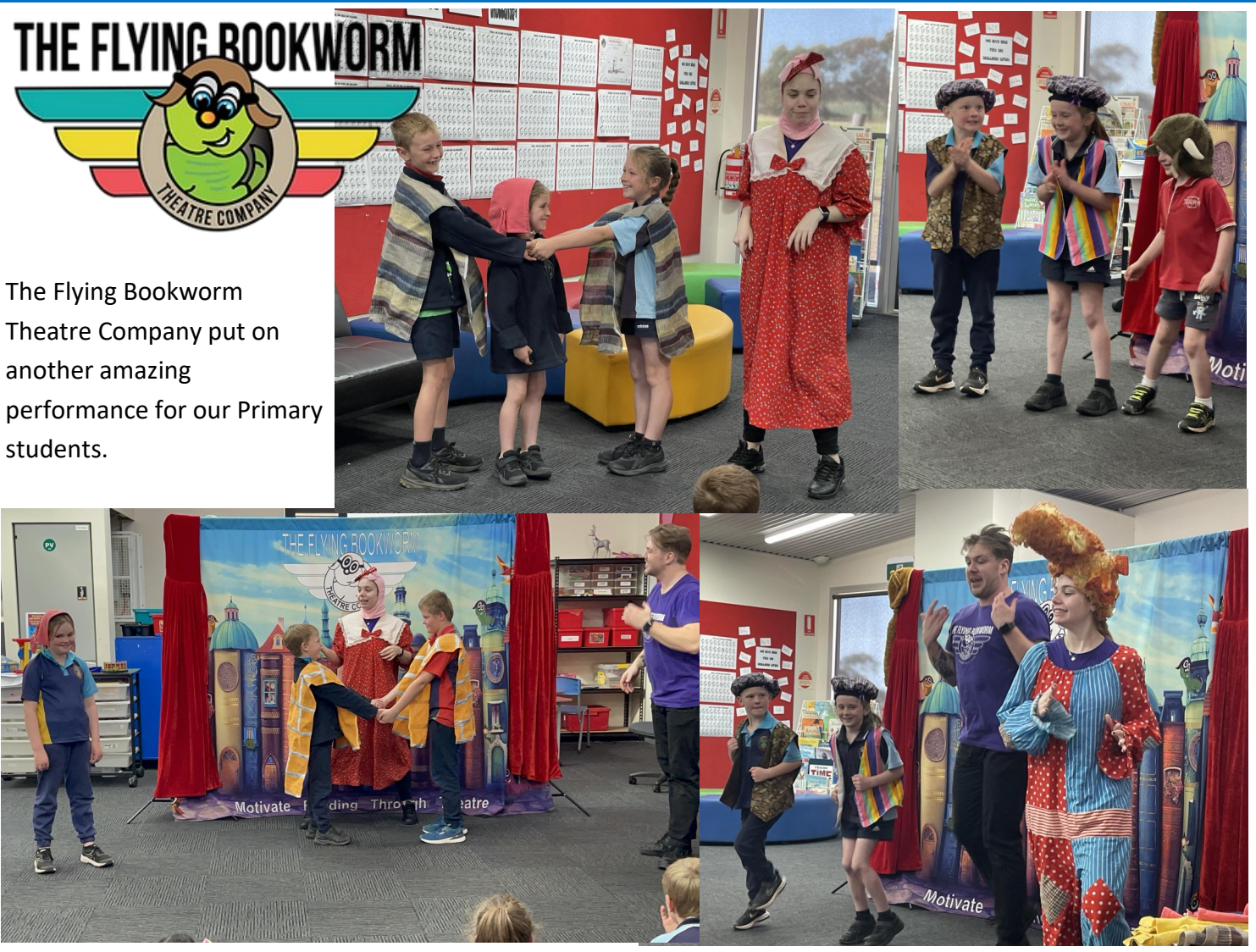
Take a drink, and notice the feel of the liquid rolling over your tongue.

Chew on a piece of gum and notice how the taste changes over time.



Focus your attention on your surroundings to notice what different smells are in the air.

Pay attention to what scents invoke different feelings in you.



The Flying Bookworm Theatre Company put on another amazing performance for our Primary students.

College News



The Growing Community say thanks

Thank you to the Manangatang community for celebrating the Italian Long Lunch on Monday the 9th of September.

We learnt many new skills including verbal communication, cooking confidence, ordering skills and improved our ability to problem solving and think quickly under pressure. The event also helped build everyone's confidence in talking to people we did not know.

Some of the skills that were learnt behind the scenes were time management, cooperation, listening skills, finding the right angles for filming, editing video footage and the woodwork skills used to make the serving boards and tables.

Thank you to everyone that provided positive feedback which reassured us that it was a great event and that if we hosted it again it would be successful.

A special thank you to Coral Scanlon for her expertise and guidance in meal prepping and Miss Connell for making time to help the upcycle group in the tech room.

The overwhelming support of this event was a reminder of what a wonderful community we have.

Growing Community Class, 2024

The Growing Community, Italian Long Lunch was supported by the Victorian Government.



**VICTORIAN
YOUTH
FEST**



College News

PRIMARY DIVISION ATHLETICS

Our Primary students performed brilliantly at the Division Athletics Carnival at Ken Harrison Reserve on Monday.

Congratulations to Lily F, who won her 12/13 girls high jump event. Mr Vine was worried when Lily missed twice at 118 cm with her three remaining opponents already waiting for 120 cm. Despite the windy conditions and pressure, Lily found her form and ended up being the only person to clear 122 cm. Great job, Lily! She followed that soon after with a third placing in the 100m sprint.

Rory started our day well, finishing second in the 9/10 boys 200m sprint. It was a fresh morning, with Rory electing to complete the race in trackies! Both Rory and Lily will get the chance to go to Bendigo for Regionals on Oct 14th for finishing in the top 2.

Other Results included

Rory – Long Jump (4th)

Johnny – Discus (4th) and Triple Jump (11th)

Amelia J –Triple Jump (5th) and Long Jump (7th)

Will L – Discus (7th) and Shot Put (11th)

Lilly R – Long Jump (8th)

Chayse – Discus (8th) and Triple Jump (12th)

Zoe M – Discus (10th) and Shot Put (11th)



Thanks to Sarah for training the students and to Lisa M and other parents and family members for supporting the students!



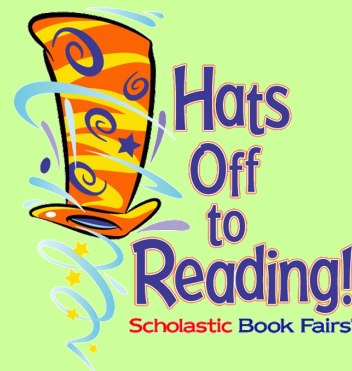
Our Scholastic Book Fair is nearly here!

Wednesday 23rd October to Friday 25th October

Come along to find the best new books and help to earn free books for our library!

Lunch times

ALL WELCOME



College News



Department of Education

Dear parents and carers,

In Term 4, 2024, families with a child enrolled in a government school from Prep to Year 12 in 2025 will receive the one-off \$400 School Saving Bonus.

The \$400 School Saving Bonus provides families with support for education-related costs, such as school activities and/or school uniforms and textbooks.

The School Saving Bonus is not available for full-fee international students, home schooled students, TAFE students and students attending kindergarten in 2025.

Actions for parents and carers

Before 18 October 2024, the Department of Education is asking parents and carers to:

Complete enrolment: If your child, or children are changing government school for Term 1 2025, or starting Prep or Year 7 in 2025. For more information, read about [Enrolling in School](#).

Check your contact information: Ensure your email address and phone number is up to date with us. You can check this information by contacting us directly.

We need to ensure your contact information is up to date as the Department of Education will email you twice:

in October, to verify your email address

in November, with your \$400 School Saving Bonus and access to an online system.

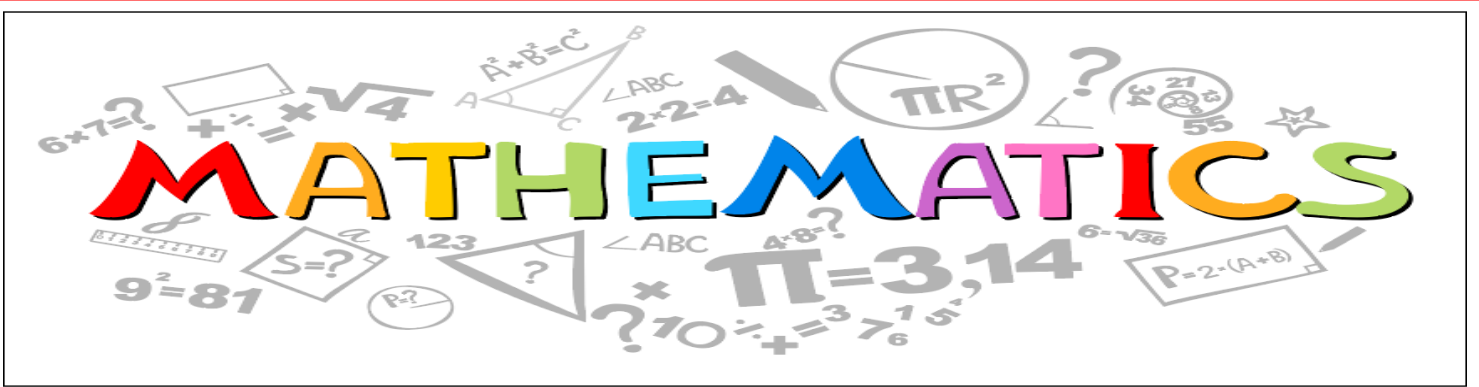
Please check your junk mail regularly to make sure you do not miss an important email.

To learn more about the School Saving Bonus, download the [School Saving Bonus Information sheet for government school parents and carers](#) or visit vic.gov.au/school-saving-bonus.



RUOK Day & Clean Up Australia Day was held last Thursday. Students participated in a town clean up, followed by activities and lunch in the park. We thank Headspace Swan Hill for coming along and supporting our students and providing a range of fun activities.





Maths Pathways Growth End of Term 3

In the most recent Maths Pathways Test cycle many of our students are showing more than one year of maths learning per year, that is more than 100% growth. Congratulations to Rory (333% growth) and Lane (300% growth) who joined Jasper, Amelia J and Ingrid in the 300% club! Well done to Maddi, Chelsea C and Lilly R, 267% growth; Ingrid, Chayse, Aidan, Jasper: 233% growth; Amelia J, Ariana: 200% growth; JB, Zoe J, William L, Chelsea D, Isabella: 167% growth; and Lily F, Markus: 133% growth.



College News

MANANGATANG STAR AWARDS

Congratulations to the following students who received a Manangatang Star Award for their outstanding work and effort

Xavier—Maths

Harrison—Writing

Jordyn—Science

Lilly R—Maths

Ingrid—Economics

Carter—STEM

Zoe M—STEM

Will G—STEM

Johnny—STEM

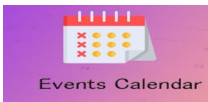


Chayse—STEM

Rory—STEM

SCHOOL HOLIDAYS ARE HERE!

Take care and stay safe. Don't forget to clean out the backpack



 Events Calendar	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September	16 Primary Division Athletics at Swan Hill	17 Flying Bookworm	18 Yr 9/10 White Card course	19 Library Van 	20 End of Term 3
October	7 Start of Term 4	8 Yr 5/6 Division Bowls	9 Rubicon meeting	10 Secondary Regional Athletics	11
	14 Yr 9 Rubicon Camp	15 Yr 9 Rubicon Camp	16 Yr 9 Rubicon Camp	17 Yr 9 Rubicon Camp Library Van 	18 Yr 9 Rubicon Camp
	21	22	23	24	25

College News



MAGPIE ALERT

Please beware

Magpie season will soon be upon us

If you come too close they may attack

Play in a different area

Protect your head and eyes

Wear a hat

Don't run, leave promptly



SUNSMART

SMART

SUNSMART

sunsmart.com.au

Ask R U OK? ANY DAY

Have a conversation using these 4 steps

- 1

How are you travelling?

You don't seem yourself lately - want to talk about it?

Ask R U OK?
- 2

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?

Listen
- 3

What do you think is a first step that might help you?

Have you spoken to your doctor about this?

Encourage action
- 4

Just wanted to check in and see how you're doing?

Have things improved for you since our last chat?

Check in

Learn more at ruok.org.au




LOOKING FOR...
PERFORMING ARTISTS

Are you a local performing artists aged 12-25? Showcase your talents at the 2024 Youth Arts Festival! Don't miss this chance to shine. Scan the QR code below to register your interest!

SCAN ME



Contact Steph
Phone: 0427 341 516
Email: stephanie.hartshorn@swanhill.vic.gov.au



YOUTH ARTS FESTIVAL 2024

SATURDAY 26TH OCTOBER

OPEN FOR SUBMISSIONS!

APPLICATIONS CLOSE FRIDAY 4TH OCTOBER

Seeking artwork of all kinds made by young people (12-25), including performing arts! Submit paintings, sketches, canvas, sculptures, textiles, make-up, poetry, timber, videos, photography, singing, dancing and more!



Scan the QR code for an application form and more info!

SCAN ME



Contact Steph
Phone: 0427 341 516
Email: stephanie.hartshorn@swanhill.vic.gov.au



Library Outreach




Manangatang Holiday Program

Games, painting, creative craft.

Where: The Park and Gardens, Wattle St
When: Thursday 26, September 11am-1pm
Age: All ages
Cost: Free
Lots of outdoor fun




ARTS MILDURA PRESENTS THE

ZEST

SHORT FILM COMP

DEADLINE OCT 15 2024
CALL OUT FOR SHORT FILMS 2-3 MINUTES LONG
COMPETITION THEME THIS YEAR - WATER

DETAILS HERE




Community News



Robinvale Vacation Program

23 Sept - 4 Oct 2024



After School Care will be available for NSW Euston students for the first week of Victorian school holidays.

Monday 23 Sept	Tuesday 24 Sept	Wednesday 25 Sept	Thursday 26 Sept	Friday 27 Sept
<p>LET'S PLANT VEGETABLES IN OUR GARDEN</p> <p>Brighten up our hall with origami Animals</p>	<p><i>Tasty Tuesday</i> CULTURAL COOKING WITH FION</p> <p>PUT OUR GARDENING SKILLS TO THE TEST WHEN GROWING GRASS HEADS</p>	<p><i>Creating our very own puppets</i></p> <p><i>Outdoor and indoor play</i></p>	<p>Picnic in the park! Help prepare lunch to share at the local park</p> <p>Do you know salt can separate liquids? Lets experiment it together!</p>	<p><i>OVAL PLAY EXCURSION TO OUR LOCAL FOOTBALL OVAL</i></p> <p>POP! CONTRUSTING YOUR OWN BUBBLE WAND AND POP AS MANY BUBBLES AS YOU CAN!</p>
ART... OUTDOOR & INDOOR GAMES... MAKING FRIENDS.....LOCAL EXCURSIONS.....SCIENCE EXPERIMENTS.....COOKING.....LEARNING IS FUN!				
Monday 30 Sept	Tuesday 1 Oct	Wednesday 2 Oct	Thursday 3 Oct	Friday 4 Oct
<p>EXPLORING NATURE FOR NATURE ARTS AND CRAFTS</p> <p>Can you build a solar oven?? Let's find out</p>	<p><i>Tasty Tuesday No Bake Cooking</i></p> <p>.....</p> <p>Sensory play with Cloud dough making</p>	<p>Creative time! <i>Making Faux stained window art</i></p> <p>LEARNING THROUGH SCIENCE WITH 'LEMON VOLCANOS'</p>	<p><i>MOVE AND GROOVE AT OUR LOCAL LIBRARY WITH A SPACE THEME STORY TIME, FOLLOWED WITH PARK PLAY</i></p> <p>Last day of holiday program today, enjoy the rest of the holidays see you all in Term 4</p>	<p>NO Holiday Program Today.</p>
Every day we will offer many and varied activities, both planned for and according to the children's interests at the time We support children's individual wellbeing, learning and development.				

Hello Everyone



School holidays are here again and we are pleased to inform you that **Robinvale District Health Services** will be running their **VACATION PROGRAM**

Our programs are conducted in a comfortable, relaxed and safe environment with experienced, qualified and caring staff that interact with the children on a group and individual basis.

We offer many and varied activities, both planned and according to the children's interests at the time.

We now have a digital attendance and direct debt system. This requires you to provide us with your email address and you will receive information to register your child to attend our program.

All children must be registered before attending.

There is a reduction in fees for families who are eligible for the Child Care Subsidy.

Would you like more information?
Out of School Hours (O.O.S.H.)
Phone 0408 565 572
email: oosh@rdhs.com.au

Out of School Hours (OOSH)

This program is open to all children who attend primary school



AVAILABLE FOR:

- Regular care while parents are at work
- Casual care for when parents have appointments etc.
- FUN! For children after school and during holidays as an extra curricular activity
- Making friends with other children
- Building on strengths and developing skills



Where?

13 Watkin Street, Robinvale. The hall is opposite St. Mary's School and has orange and blue shade sails outside.

When?

The program runs from 8am-6pm, Monday to Friday, for the duration of the Victorian school holidays (excluding Public Holidays).

What do we need to bring?

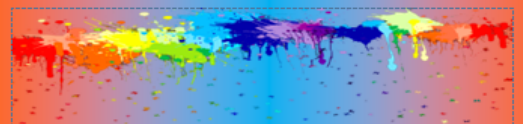
Children will need to bring their snack and lunches, with the exception on the days where it will be provided, refer to program on the flip side. Keep in mind our changeable weather and please provide appropriate clothing. Hats are worn when we are outside.

Please pack a change of clothes for your child if you think it may be needed.

Who?

The program is open to all primary aged children. For any more information please feel free to call in to the Hall and talk to our friendly staff or phone;

Program Leader- Anna Kilpatrick
Ph: 50518157 Mobile - 0408 565 572
email: oosh@rdhs.com.au



College News

Lost Property

There are quite a few jumpers, hats and other personal items (lunchboxes) being found in the yard and left behind in classrooms. **It is easy to return items when they have been labelled.** To help staff return items, can you please ensure that all personal items have a name on them.

Could parents please check their child's clothing labels for names as some uniforms have gone missing at the pool and in the schoolyard.



Dear Parents/Carers

If your child is feeling unwell or has cold-like symptoms please keep them at home.



Manangatang P-12 College acknowledges Aboriginal and Torres Strait Islander peoples as the first peoples and traditional custodians of the lands where we live, learn and work.



MANANGATANG MARKET & TAKEAWAY

WEDNESDAY LUNCH ORDER MENU

TO ORDER: Ring 0475 434 714

PLEASE NOTE: * Some prices have increased *

Payment can be made directly to the shop or sent into school in a clearly labelled envelope

HOT FOOD

Chicken Nuggets & Chips \$6.00

Chicken Strips – each \$2.00

Loaded toasted sandwich \$7.00

Pie, Pastie, Sausage Rolls \$5.00

Crinkle Cut Chips \$2.50

SANDWICHES & WRAPS

Ham or Chicken Salad Sandwich \$6.50

Ham or Chicken Salad Roll \$7.50

Ham or Chicken Salad Wrap \$10.00

Sandwich – 2 fillings \$5.00

Extra fillings \$0.50

Fillings: chicken, ham, cheese, lettuce, carrot, tomato, onion, beetroot

DRINKS

Fruit Box \$2.50

Nippy Milk Box \$2.50

Oak Milk 750ml \$5.50

Sparkling Water \$2.50

Water \$2.00



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